

# Black Cohosh Plus

40 mg Standardized Extract with Dong Quai



Recommended by  
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## DESCRIPTION

Black cohosh is an herb that provides a natural way to normalize hormonal changes and moderate the uncomfortable changes that accompany menopause. Wellness Works Black Cohosh Plus is made under strict European quality standards which are comparable to over-the-counter drug standards in the U.S. It provides optimal levels of naturally occurring triterpene glycosides.

## FUNCTIONS

Black cohosh has traditionally been used to help alleviate perimenopausal and postmenopausal symptoms and the German Commission E supports its use as such. The mechanism of action is still unclear, but it is thought to have an estrogen-like effect or modulate estrogen receptors. Although more research is needed, black cohosh may help support normal, healthy levels of luteinizing hormone (LH). Increased LH levels, which is often the result of declining estrogen levels, are typically responsible for the changes associated with menopause. Studies showing a positive effect for symptoms of perimenopause and postmenopause have used primarily extracts standardized to contain triterpene glycosides. Dong quai is added as it helps support a normal, healthy response to female hormone imbalance. Chasteberry helps support normal, healthy levels of LH and prolactin, and is added to help provide support for symptoms associated with menopause.

## INDICATIONS

Black Cohosh Plus may be an effective way to help support perimenopausal and postmenopausal women, particularly those with intolerance or contraindications to traditional hormone replacement therapy.

## SUGGESTED USE

Adults take 1 capsule, 4 times daily with meals or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10015)

### 1 Capsule Contains:

Black cohosh root extract..... 40 mg  
(*Cimicifuga racemosa*) (standardized to 2.5% [1 mg] triterpene glycosides)  
Chasteberry fruit powder ..... 100 mg  
(*Vitex agnus-castus*)  
Dong quai root powder ..... 100 mg  
(*Angelica sinensis*)

Other Ingredients: Gelatin, water (capsule), rice powder, magnesium stearate and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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Manufactured For:

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